

Gymnastics Central Newsletter



January 2023



Athlete Spotlight

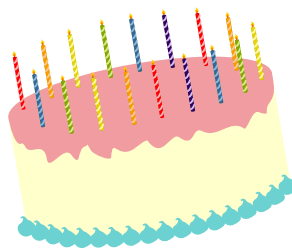


Our Athlete Spotlight for the month of January is Allie Z! Allie is an athlete on our Wrecking Crew team and was nominated by her coach, Richard, because she is hardworking and always encouraging to her fellow athletes. Allie has been in gymnastics and tumbling in some capacity since she was 3 years old and has been on our Tumbling & Trampoline team for 2 years now. She really enjoys learning new skills and working on the trampoline and double mini. She also enjoys getting to spend time with her friends at the gym! Allie would love to be a veterinarian when she grows up. She loves all animals, but especially loves dogs!

We love having athletes with great team-spirit at the gym like Allie. Keep up the great work!

Birthday Parties!

Does your child have a birthday party coming up? Well, good news! Gymnastics Central is hosting birthday parties! Is there a better way to spend your birthday than running, jumping, and climbing at Gymnastics Central? Gym warrior sets available as well!



Preschool parties now available!

Daytime Playtime!

★ Fridays ★
10 - 11 AM
Ages 2-5
\$7 Per child

Pre-Register Online
Spaces Limited!

Open Gym

Fridays 7:30 - 8:30PM
Ages 6 and Up
\$10 Per Child



Pre-Register
Online



Staff Spotlight

Our Staff Spotlight for the month of January is Alaina! Alaina teaches preschool and a whole range of gymnastics classes from level 1 to level 3. She was nominated by Dara for her reliability and amazing attitude. She's also a fantastic coach and well-loved by the students in her classes. Alaina was once an athlete on our Xcel Stars team!

We're so lucky to have amazing and dedicated coaches like Alaina at the gym. Thanks for all that you do!

Round Off & Back Handspring Clinic

Saturday, January 21st

1:15 - 2:45 PM

\$15 Per Child

Ages 7 & Up



Inclement Weather Policy

Should the gym ever need to close due to snow, a power outage, etc. We will send an email to all families enrolled in classes the day of the closure. We will also update our outgoing phone message and our Facebook with this information. The gym may still be open when schools are closed, so be sure to check in with us and always drive safely, no matter the weather!